Why do we eat spoiled food? (worksheet 1)

Watch the video and answer the following questions:

1. What gives coffee, bread, cheese, beer, and chocolate their tastes, smells, and textures?

A. Bacteria and fungi

B. Harmful germs

C. Carbon dioxide

D. Polyphenols

2. Approximately what percentage of microbes are harmless to humans?

A. 1%

B. 10%

C. 50%

D. 99%

3. How can adding salt to meat help keep pathogens at bay?

A. Salt kills harmful bacteria and fungi.

B. Salt creates an environment that is unfavorable for dangerous microbes.

C. Salt attracts friendly microbes that outcompete the dangerous ones.

D. Salt prevents spoilage of the meat.

4. How do yeast contribute to the making of bread?

A. They produce carbon dioxide that helps the dough rise.

B. They break down protein and fat molecules into flavor compounds.

C. They mellow out bitter polyphenols in the cacao.

D. They populate small holes and cracks in cheese, creating a rich flavor.

5. Why do people tend to like flavors associated with microbial fermentation?

A. They are exposed to these flavors from birth.

B. They are genetically predisposed to liking them.

C. They are culturally influenced to enjoy them.

D. They have no other food options.

6. What would happen if food didn't spoil even a little bit?

A. We would have no sauerkraut, soy sauce, pickles, or prosciutto.

B. Our tastes would not change over time.

C. We would have more options for delicacies starting with the letter K.

D. Our ancestors would not have settled down to grow grain.

7. What is the main idea of the video content?

A. Microbes play a crucial role in the taste and texture of certain foods.

B. Rotten food should be avoided due to harmful germs.

C. Fermentation is a universal culinary practice.

D. Humans have evolved to enjoy microbial flavors.